

Fall 2001 Recipes

Desserts

Sweet Potato Pie

Sweet potatoes are an excellent source of fiber and cancer fighting beta-carotene.

Serves 8

Provides 1 vegetable serving per person

- 4 cups mashed orange sweet potatoes
- 1 tablespoon margarine
- 1 cup egg substitute
- 1/2 cup firmly packed brown sugar
- 2 tablespoons molasses
- 1 1/2 cups evaporated skim milk
- 1/4 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 prepared pie crust
- 1/2 cup nonfat vanilla yogurt

1. Preheat the oven to 350° F. Combine the sweet potatoes, margarine, egg substitute, brown sugar, molasses, evaporated milk, nutmeg, cinnamon, and ginger in a large bowl.

2. Pour into the prepared crust and bake 45 to 55 minutes in the preheated oven. The filling should be set all the way to the middle when you shake it gently. If the crust starts getting too brown, protect with strips of aluminum foil. Allow to cool to room temperature before serving. Serve with a dollop of nonfat vanilla yogurt.

Nutritional Analysis Per Serving:

404 calories
9 g fat
21% calories from fat
2 g saturated fat
5% calories from saturated fat
70 g carbohydrates
268 mg sodium
4 g dietary fiber